

PERFECT RICE

VIDEO

Use your smartphone camera or QR reader to access a video of this recipe!



TOTAL TIME

25-30 Minutes

NOTES

There are many different ways to make rice, but here are some tips that will bring your rice game to the next level! Cooking or "toasting" the rice on the stove top with oil first allows the grains to open and accept more flavor and prevents sticking. Once you add the water you can season your rice with anything from salt, bouillon powder, saffron, turmeric, or anything you want! The ratio between rice and water is 1:2 and white rice always cooks for around 20 minutes, brown rice takes longer (about 45 minutes). Sometimes with larger quantities of rice it will take more time to absorb all the water.

INGREDIENTS

1 small onion
1 clove of garlic
Olive oil (or oil of choice)
1 cup of rice (if using brown rice adjust cooking time)
2 cups of water



PROCESS

Chop and peel onion. Peel and mince garlic.

Add oil, onion, and garlic to pot on med heat. Cook until garlic and onion becomes fragrant.

Add dry rice to pot and stir to completely coat in oil. Cook rice until it very lightly begins to toast (turns slightly brown). Be careful not to burn.

Add 2 cups of water and turn up heat to high. When the water is boiling turn heat down to low and cover pot. Leave for 20 minutes then serve.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.